



MINI BIATHLON INFORMATION PACK

Bringing hope to India's Poorest People
Registered Charity No. 1101839 www.indiadirect.org.uk

1. What is INDIA DIRECT?

We are a Macclesfield-based charity, run entirely by a small team of volunteers. We work in partnership with 'Love and Care Charitable Trust' in South East India. We aim to show God's love and compassion for the poor through our actions; sharing our wealth and working together to improve their lives now and bring an independent future. 100% of any donations go directly to the work we do.

2. What does India Direct do?

We provide homes and access to education for 150 children, 80 of whom were left without one or both parents due to the Tsunami in 2005. All of the children are in our care either through poverty or tragedy. We also care for widows, by providing a small allowance to help lift them from below the poverty line and to provide an education for their children. We run a tailoring school, to give job opportunities since many were lost with the Tsunami and support apprenticeships: in plumbing, IT, engineering, etc. All of these help provide secure, healthy and happy futures for the children in our care.

3. What you can do to help

Simply by entering our Mini Biathlon and getting as many sponsors as you possibly can, you are already helping immensely! Every penny counts. Fundraising events such as this are essential to top up our regular income. At the moment this is around £900 short of our children's homes' monthly outgoings. We desperately need you.

You could also sponsor a child (£25 per month buys all a child's food, clothing, accommodation and education needs). Or a widow. Or simply make a one-off donation or a direct debit donation each month. See our website for details.

ABOUT THE BIATHLON

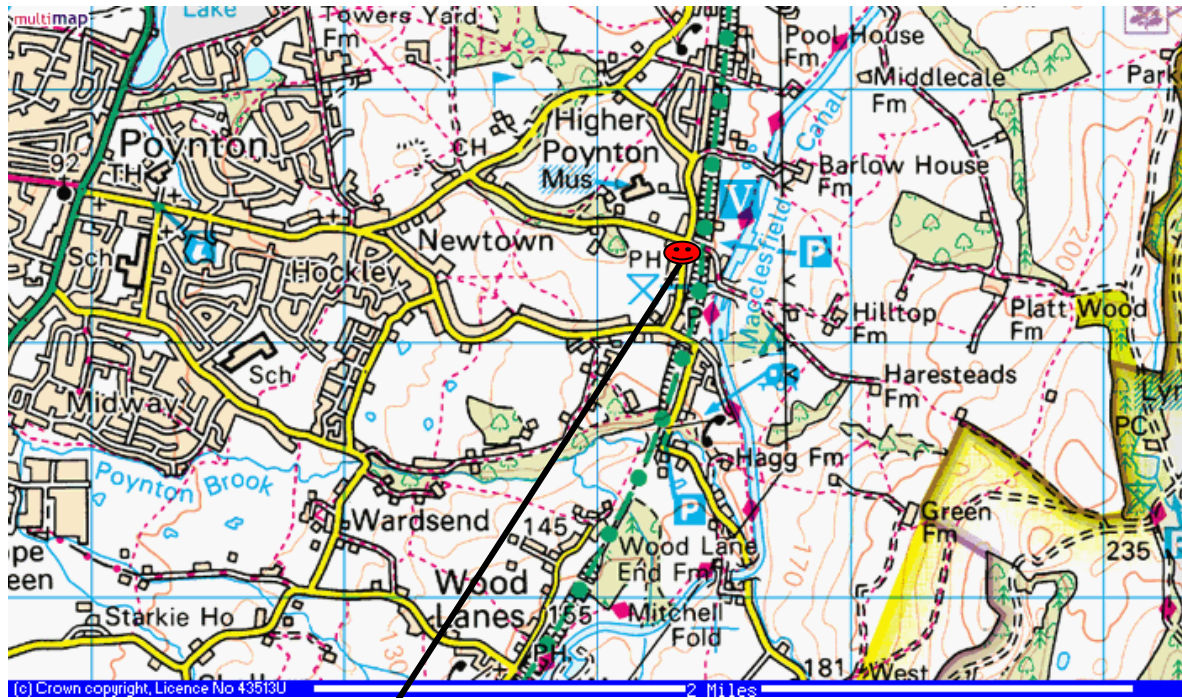
Our Mini Biathlon has been running (excuse the pun!) for several years now. Over the years we have improved it until we think it is the best it can be in terms of the course! It is **NOT A RACE!** Anyone can take part, regardless of athletic ability. We only insist that you sign a disclaimer that you are medically fit to enter.

How far will I have to run and cycle?

You will run (or walk, or crawl or jog - any possible means without wheels is acceptable!) for 4 miles, and cycle (on your own, on a tandem, foot driven scooter, skateboard or a tricycle...) for 6 miles.

Where will I start?

The Mini Biathlon starts on the Middlewood Way across the road from the Boar's Head pub, at the junction of Anson Road/Shrigley Road North, at Poynton:



Starting point will be sign-posted at entrance to Middlewood Way

You will run two miles out and back towards Marple, and cycle three miles out and back towards Macclesfield. Stewards are posted along the route, which is also clearly sign-posted.

Where can I park my car?

There is ample fee-paying parking nearby.

Will my bike be secure whilst I am running?

There will be lots of us at the registration point, but if you are at all concerned for the security of your bike, please ask someone to watch it for you whilst you run, or lock it.

What if I have an accident/need first aid?

Trained first-aiders will be on duty at the registration point and at points along the route. All stewards are equipped with a basic first aid kit. All stewards and first-aiders have mobile phones and access to a car along the route. Please ensure that you are fit to take part before registering. You will have to sign a disclaimer stating

that you are medically fit to take part and that the organisers shall not be liable for accidents, injury, loss or damage as a consequence of participation.

What if I have a puncture?

All stewards have a basic puncture repair kit. If your bike falls apart, there is not much we can do. Sorry.

Refreshments?

Refreshments will be provided at the registration point and at the running midway point. The Boar's Head do good pub food (advisable to book ahead as there will be lots of people!) or you can purchase food after the race near the registration point. There are also picnic benches at the site if you wish to bring your own food.

It is also a good idea to bring plenty of water with you to drink.

Training tips?

- Little and often - build up gradually
- Warm up properly
- Avoid running or cycling in the heat of the day
- Wear comfortable, non-chafing clothing
- Wear appropriate running footwear
- Water is the best liquid for re-hydration

How do I get the sponsorship money to India Direct?

As soon as possible after the event, collect your sponsorship money - preferably in cheque form (show sponsors your Mini Biathlon certificate to prove you finished the event!). Cheques are payable to "India Direct". Put the cheques in an envelope with your sponsor form and send to: Box 6, Silk House, Park Green, Macclesfield, Cheshire, SK11 7QJ.

Any other advice?

- Have your bike serviced...
- Please take care on the route. The Middlewood Way is also a Bridle Path. Please be very careful on your approach to horses. They can easily be spooked. Take your time in passing them and pass them as wide as you can, ringing your bell in good time to let the rider know that you are there - especially if you are behind the horse.

**Please find disclaimer/
sponsorship form below**



INDIA DIRECT
India Direct Reg. Charity No: 1101839

Mini Biathlon

Run 4 miles, cycle 6 miles

Saturday May,



REGISTRATION AND DISCLAIMER

I certify that I am medically fit to enter this event (4 miles running, 6 miles cycling). Furthermore, I agree that the organisers shall not be liable for any accidents, injury, loss or damage to person or property as a consequence of my participation in the event or for any injury incurred to my person during or as a result of this event. I understand that the Mini Biathlon is NOT a race and I undertake to run and cycle with due care and consideration for other users of the Middlewood Way. I will be wearing a cycle helmet when cycling.

I am over 16 years of age.

Full Address including postcode:
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Preferred telephone number:

Email:

Running Number:

I give permission for my photo to be used on the India Direct Website/for other India Direct publicity purposes: Yes/No (please delete as appropriate)

Signature: **Print Name:**

Entrants under 16: form must be countersigned by parent/guardian, and additional information provided below:

Signed (Parent/Guardian): **Print Name:**

Age of under 16 entrant on day of race:years

SPONSORSHIP FORM FOR INDIA DIRECT MINI BIATHLON

If you are a UK taxpayer, we can reclaim a significant sum in tax rebate on your donation. Please enter your full address when sponsoring, and tick the 'Gift Aid' column to enable us to do this. Thank you!

Entrant's Name: _____

Entrant's Address: _____

Sponsor's Full Name	Address, including full postcode	Amount	Signature	Gift Aid

100% of your sponsorship money will go to help India Direct (Reg. Charity 1101839) to build a better future for hundreds of children and young adults in South East India. Visit www.indiadirect.org.uk for more details of our work.

Send your money to: *India Direct, Box 6, Silk House, Park Green, Macclesfield, Cheshire, SK11 7QJ*

Deadline for sponsorship money to be in: